# PRINCESS ANNE MIDDLE SCHOOL

# Health and Physical Education Course Expectation Sheet Grade 7

**2014-15**

### **Teacher**: Mr. Brewer **Class: Health and Physical Education 7**

**Telephone** (757)-648-4950 Voice mail box #72009 **Email:** ambrewer@vbschools.com

**Assignment Information**: Wikispace pams-brewer.wikispace.com

**Best time to call: 10:10-11:00 am (Email is the quickest way to contact me)**

### **Course Description**: Health and physical education is designed to assist students in achieving the knowledge, skills, attitudes, and appreciations essential for effective living. It also contributes to the optimum physical, mental, social, and emotional growth of each individual.

**Course Objectives**: Can be found online at www.vbschools.com

### **Course Scope and Sequence**:

### **Health**: **First Semester** students will study: **Personal Fitness** (Physical Health, Fitness Plan), **Nutrition and Emotional Physical Health** (Nutrition/Diet), **Health Risk Behaviors** (Personal Safety- VA Rules, Substance Abuse, Stress/Decision Making)

### **Second Semester** students will study: **Managing Personal and Family Health** (Influences on Personal Health, Healthy Behaviors), **Fitness Plan Reflection, Community** **Health and Wellness** (First Aid, Community Health) **and Family Life Education**

**Physical Education**

Movement activities may include: aerobic activities, jogging/running, strength exercises, walking, racquet sports, golf, Frisbee golf, track and field, tumbling, weight training, basketball, cooperative games, flag football, floor hockey, soccer, softball, volleyball, styxball, line dances and rhythm activities.

**Texts and Material:** Teen Health, (Glencoe, 2014) Class set of books in classroom

Online Book: See teacher Wikispace for directions to the book

**Supplies:**

**Health-**textbook (in class), three pronged folder or binder, paper, pens/pencils, coloring supplies, jump drive and glue sticks. A three pronged folder is also needed for your Fitness Plan

**Physical Education – All students are required to wear the Princess Anne Middle School physical education uniform.** The uniform consists of a **PAMS PE shirt, PAMS athletic shorts, socks and tennis shoes.** The PAMS PE shirt and shorts must be purchased in the HPE department. The cost is $20 total for the shirt and shorts ($10.00 each). Students will be required to place their last name on both their shirt and shorts in permanent marker. All PE students will be required to wear tennis shoes that lace up properly and securely. There are **absolutely no flip flops** in PE class. (***Students will not be*** ***allowed to participate and* will lose all of their points for the day).** Students may wear a jacket, sweatshirt and sweat pants over the shirt and shorts if needed. Each student will be issued a **school lock** for use on his or her locker in the locker room. Students will not be permitted to bring a lock from home. Lost locks will be assessed through the bookkeeper and reissued upon payment.

**Assessment Measures:** A student’s grade will be based on tests, quizzes, homework, class work, projects, notebook, being prepared for P.E. activities, participation, skill assessment, knowledge of rules and game play.

**Grading Scale:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A 93-100** | **B+ 87-89** | **C+ 77-79** | **D+ 67-69** | **E Below 64** |
| **A- 90-92** | **B 83-86** | **C 73-76** | **D 64-66** |  |
|  | **B- 80-82** | **C- 70-72** |  |  |

**Grading Procedures and Policies:**

**Health** (**40%)** Tests and projects grades are counted twice, and quizzes are counted once. All homework assignments are due on the day assigned. When a student is absent, it is his/her responsibility to obtain the missed assignments. All make-up work should be submitted to the teacher in a timely manner.

**Physical Education Participation (60%)** Students will receive a weekly Physical Education grade totaling 100 points. Each day of the Physical Education week will be worth 20 points. Students will be assessed as follows: 3 points for dressing out properly (shirt, shorts, tennis shoes and socks), 7 points for cardiovascular/warm up activities and 10 points for the activity for the day. Please do not wear jewelry to class.

**All classes will participate in RUNNING THURSDAYS, if your child would like to BYOD for appropriate music listening, they are allowed to. It is the responsibility of the child to secure the device not the teacher.**

**HEALTH (40%) +PE PARTICIPATION (60%) = HEALTH & PE GRADE**

**Help Sessions:** Students that need additional help must let me know in advance so their agenda can be signed.

**Procedures for conferences, parent contacts:** Parents/guardians should call the Guidance Office to arrange a conference when necessary. (757) 648-4961

**Citizenship Expectation:** Students are expected to be on time and prepared, show self-control, respect for self and others, be polite to others, and show quality work.

\*\*\*\*\* Use of the school-wide behavior management system for consequences of interruption of instruction will be utilized.

**The following plan will be followed when students do not dress properly for Physical Education class:**

1st - No Dress- Teacher Warning

2nd - No Dress- Phone call to parent/email

3rd - No Dress- Teacher Detention (phone call to parent/ email)

4th - No Dress- Referral – Administrative Detention

5th- No Dress- Referral – 1 Day ISS

**General Information:** Students that are ill or injured should bring a note from the parent/guardian. In the event of a prolonged illness or injury lasting more than three PE days, a doctor’s note should be provided. **The student should still dress out for P.E. if possible. The student will also be required to write a reflection of the day’s activities.**

**Fitness Testing:** All students are expected to attempt and complete all Physical Fitness tests to the best of their ability. They will not be graded on their score, but must show genuine effort in their attempt! A report of the student’s will be made available. A report of your student’s fitness scores can be accessed online at: [www.focusedfitness.org](http://www.focusedfitness.org)

Please complete the parent/guardian contact form: CLICK HERE [CONTACT FORM](https://docs.google.com/forms/d/1VYlHYtMW459fNp__5u104mEOBbyfBWaJbKmheD2g1GU/viewform)